

Eighth Grade Basketball Clinic Week 1

Pre-game huddle

Time: 1-2 minutes

Dynamic stretching

Time: 4-5 minutes

Description:

- Walking stretches from sideline to sideline (long steps, knees to chest, high-knee jogging, walking squats, karaoke, lunges, butt kicks, sprints and any other exercises you would like to add).

Warmup: 3-player weave

Time: 5-6 minutes

Description:

- Have players do exaggerated jump stops when receiving each pass the first round.
- Work on bounce passes, chest passes and crisp passing that hits the receiver in stride.
- After a couple of minutes, set a goal for the group, such as 5 consecutive made baskets.

Water break

Defense

Time: 8-9 minutes

Description:

- Spread out your group.
- Have kids get into defensive stance when you yell "Stance."
- Have kids then tap their feet quickly left-right and left-right when you yell "Feet."
- Have players pivot and drop step then return to their original stance when you yell "Drop Step."
- Practice "Stance," "Feet" and "Drop Step" several times.
- Defensive slides: emphasize "stay low," "short, quick steps" and "reach-slide."
- Have kids slide left as you slide left and slide right as you slide right using short, quick steps and keeping their feet shoulder-width apart and on the ground as much as possible.
- Now move the group to the free-throw lane.
- Teach players how to defensive slide and shuffle around the boundaries of the free-throw lane, starting at the bottom right corner of the lane.
- Shuffle up to the right free-throw elbow, then slide across to the left free-throw elbow, shuffle back to the bottom left corner of the lane, then slide across to the bottom right corner of lane.
- Have the kids each go around the lane five or six times apiece.
- Then divide the full court in half length-wise and have players do defensive slides in zig-zag patterns from baseline to baseline, sliding from sideline to the middle of the court and back from baseline to baseline.

Dribbling

Time: 11-12 minutes

Description:

- Pound dribble: dribble in front of you so that the ball is dribbled waist high. Steadily bounce the ball higher and higher till the dribble is as high as you can dribble while standing but not jumping. Then dribble shorter and shorter until down on one knee and dribbling as low to the court as you can. Dribble the ball quickly when dribbling lower and slowly when dribbling higher. Then do this with the opposite hand. Go back and forth between hands several times.
- Kill dribble: Dribble waist high, then kill the dribble by dribbling as low as possible for several seconds, then dribble back up to waist height, then do the same with the opposite hand. Go back and forth between hands 8 or 9 times so the kids have time to get used to it.
- Circle dribble: Put the left leg forward and dribble the ball low around the leg in the shape of a circle. Then repeat this around the right leg. Spend 1-2 minutes on this.
- Figure eight: Dribble the ball between the legs in a figure eight motion, then in a reverse figure

eight (opposite direction).

- Back and forth: Crouch down with your right knee and right leg forward. Dribble the ball in a V-shape behind the forward leg, then do the same with the left leg forward.
- Crab dribble between the legs walking from sideline to sideline and back. One dribble per step. Step, between-the-legs dribble, step, between-the-legs dribble, step, etc.
- Practice behind-the-back dribbles back and forth from left to right hand and right to left from sideline to sideline and back twice.
- Spread out players on the baseline so they are a few feet apart and facing you.
- Stationary dribbling with right hand and then left hand.
- Rhythm dribbling as a team: players try to dribble at same rhythm as you
- Speed dribble (hand behind the ball, dribble out in front of body) from baseline to baseline and back with the right hand and then the left.
- Set up cones along the sideline at the top of the key extended, halfcourt line and opposite top of the key extended like last week. Execute crossover dribbles at each imaginary line from baseline to baseline and back to the original starting spot, first time down in front of the legs, second time down between the legs and third time down behind the back.
- Execute hesitation dribble at each imaginary line with the right hand one length of the court, then with the left hand coming back to the original starting spot.
- Then combine a crossover and hesitation into a hesitation crossover dribble (using a crossover dribble after hesitating) and have players practice it sideline to sideline a few times.
- Then execute inside-out, reverse, reverse-into-crossover and spin dribbles sideline to sideline.

Water break

Defense and dribbling

Time: 8-9 minutes

Description:

- Pair up players by skill level as best as you can. One ball per pair.
- Select who will be on offense first and who will be on defense.
- Have players perform zig-zag drill, with one player as the dribbler and the other player defending them, moving their feet and staying in front of their man without going for the steal or fouling.
- Spread out pairs and have them go across the width of the court sideline to sideline with enough room between pairs that they won't run into each other. Give each player the chance to be both the defender and the dribbler at least two times each.
- Then give offensive players a chance to go 1 on 1 against a defender. Have one pair take a turn at a time.
- Set up the players at the top of the key as a starting point. Give offensive players 10 seconds to try to score. (Count down from 10.) Play continues until the offensive player scores, turns the ball over or the ball goes out of bounds or the defensive player steals the ball or grabs a rebound of a missed shot.
- After every offensive player has had a turn, switch roles so that defenders are now on offense and offensive players are now on defense.
- If you have more than one coach, divide up pairs so that half of group is playing at a second basket.
- After a few minutes, move the starting position to the right wing and then the left wing.
- Keep track of baskets by individual players, and mix and match players as best as possible by skill level, size and likely position on the court (guards together, forwards together, centers together).

Shooting

Time: 8-9 minutes

Description:

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- Form shooting taking turns from right block, then from 5 feet in front of the basket, then from left block, then from short corner of left and right baseline (8-10 feet from basket), then 15-foot shots from the right and left wings, then the right and left elbows of free-throw line and lastly from the wings, corners and top of the key behind the 3-point arc.
- Make it a game. Divide them into two teams and see which team can make more shots in 1 minute from spots you designate (ex: one team at the left wing and the other at the right wing).

Water break

Layups

Time: 9-10 minutes

Description:

- Have players shoot layups dribbling from the right and left sides of the basket starting at the 3-point arc, shooting with their left hand when on the left side of the basket.
- Add in a defender in the lane (a coach) to apply token pressure to layup shooters for a more game-like approach. Teach players to keep their eyes on their target (the side of the box on their side) and go in strong to the basket for the layup.
- Then have players execute reverse layups dribbling in first from the left wing and shooting a right-handed reverse layup and then from the right wing for a left-handed reverse layup.
- Then have players dribble with their left hand from the left wing outside of the arc down the sideline, execute a spin dribble, then burst down the baseline and make a right-handed layup either from the left side of the basket or as a reverse layup on the right side of the basket. Do the same from the right wing using a spin dribble and lefty layup from the right side of the basket or as a reverse layup on the left side of the basket.
- If there's time, have players execute a back cut and receive a pass from a teammate and then dribble in for a layup or a reverse layup. Add a passing line at the top of the key.

Game: do or die

Time: 2-3 minutes

Description:

- Each player has a basketball and spreads out along the baseline.
- Choose a player to shoot a free throw under duress. If they make the foul shot, the group stays on the baseline. If they miss the foul shot, the other players dribble to the opposite baseline and back using whatever dribble you call out (inside-out, between-the-legs crossover) while the coaches spread out on the court and attempt to knock balls away from them.
- Continue until everyone has shot a free throw or until the practice is over.

Post-game huddle

Eighth Grade Basketball Clinic Week 2

Pre-game huddle

Dynamic stretching

Time: 4-5 minutes

Warmup: layup knockout

Time: 5-7 minutes

Description:

- Same rules as regular knockout except players shoot layups instead of jump shots, and if they miss 2 layups (or some other number of your choice) they are knocked out.
- Players take turns shooting layups one at a time from the left side of the basket. (Left-handers shoot from the right side.)
- Then play a second game from the right side of the court with players shooting left-handed reverse layups (or from the left side shooting right-handed reverse layups depending on the skill level of the group).

Water break

Dribbling and defense

Time: 7-8 minutes

Description:

- Zig-zag drill.
- Pair up players and divide the court in half length-wise. Half of the pairs are at one end of the court, one ball per pair. The other half are at the opposite end of the court, one ball per pair.
- First pair at each end goes. Dribbler dribbles in zig-zag fashion while defender slides, pivots and shuffles to stay in front of him. Pair zig-zags from middle of court "sideline" to actual sideline from one baseline to the other, then goes to the end of the other line and switches dribbler-defender roles.
- Have each pair go through each line twice as time allows.
- Then allow defenders to go for steals and dribblers to dribble past defenders using any dribble you have been practicing. If you have a smaller group, have pairs go one pair at a time from baseline to the opposite basket while you count down from 10 or 12 to 0, then switch after everyone's done so that everyone gets a chance to defend and dribble.

Water break

Off-the-ball defense and movement without the ball

Time: 8-9 minutes

Description:

- Pair up players and assign one in each pair to be offense and one to be defense. Have pairs take turns playing defense and trying to get open on the left wing and the right wing, with you as the passer at the top of the key.
- Form one line at the left wing and one at the top of the key. The first player in line at the top of the key has a ball. Have players take turns practicing a v-cut, curl cut, back cut or coming to the ball on the left wing with you as the defender applying light defense. The passer passes to the cutter when the cutter yells "Ball." Then the receiver catches the pass and gets in triple-threat position. The receiver then passes the ball to the next person in the passer line and goes to the end of the passer line while the passer goes to the end of the receiver line.
- After everyone has had a chance to pass and receive a couple of passes, set up one line on the right wing, one on the left wing and yourself at the top of the key. The first player at the top of the key has a ball and is the passer. The first players in line on the right and left wings are the defender and the second players are the offensive player.
- At your signal, the offensive players make a cut to get open based on how they are being defended, and the defensive players guard them. The passer passes when an offensive player

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calls out "Ball." The offensive player receives the pass and gets into triple-threat position unless the pass is stolen, of course. The two offensive players work together to try to score while you count down from 10 to 0.

- The play ends when your count gets to 0 or the offense scores or the defense steals, rebounds or there is a foul or violation, such as traveling. The offensive players then become the two defenders, and the defenders go to the end of the opposite wing lines.
- Go until everyone has been on offense and defense on the left and right wings at least once and preferably 2-3 times.

Shooting

Time: 9-10 minutes

Description:

- Form two lines: one line behind the baseline and one line at various spots on the floor.
- Have players work on passing to shooters and catching and stepping into their shot to work on form shooting, taking turns from the right low block, then from 5 feet in front of the basket, then from left block, then from left and right short corner of baseline, then from foul line, then from elbows of the free-throw line, then from the left and right wings 15-18 feet from the basket and lastly from the arc (wings, corners and top of the key).
- If you have two or more coaches, make catch-and-shoot form shooting into a game. Divide the players into two teams, with each team at a different basket. Teams get one point for each basket they make during form shooting (second bullet point). Otherwise, make this a game by dividing players into two teams and having one team form shoot from the right block and the other from the left block, then switch, then continue with each team shooting from a different area of the floor until both teams have shot from each of the designated spots.

Water break

Rebounding and 2-player fast break

Time: 8-9 minutes

Description:

- Review how to box out, pursue and secure a rebound with two hands, ball tucked under chin and elbows out.
- Run two lines the length of the court. Both lines use half of the court length-wise.
- Have 1 player as the rebounder near the lane and 1 player as the outlet receiver/guard at the strong-side elbow of the free-throw line at both ends of the court. Just make sure they are on opposite sides of the court (both should be on the left side of the basket).
- Have 1 coach at each end of the court with a ball.
- Pair up players and have half of the pairs behind the baseline at one basket and half at the other.
- Each pair needs a basketball.
- The first pair in line at each basket sets up and passes the ball to the coach. One of the players from the second pair in line serves as the offensive rebounder.
- The coach shoots from the left mid-post and deliberately misses the shot off the left side of the backboard.
- The rebounder boxes out the offensive rebounder, grabs the rebound, pivots and passes to the outlet receiver/guard, who has popped out to the left wing, after the guard calls out "Outlet." (If the offensive rebounder grabs the rebound, he has 3 seconds to try to score. If he scores, the defensive rebounder and his teammate sprint to the other end of the court and go to the end of the opposite fast break line. If he misses and the defensive rebounder grabs the rebound, the defensive rebounder pivots and passes to the outlet receiver/guard.
- The guard then dribbles quickly to the middle of the court to initiate the fast break while the rebounder sprints down the right side of the court a few feet inside the right sideline trying to get ahead of the guard.
- The guard jump stops at the free-throw line and makes a bounce pass to the rebounder, who makes a diagonal cut to the basket when they reach the free-throw line extended.
- The rebounder receives the pass on the move (the pass should hit him in stride) and goes in for a layup while the guard moves to the right elbow of the foul line in case the rebounder needed to

pass the ball back to him.

- The rebounder or guard then retrieves the ball and they go to the back of the opposite line to do the same fast break drill starting from the basket they just shot at. They also switch roles so that the rebounder becomes the outlet receiver/guard and the guard becomes the rebounder.
- The other line goes simultaneously so that players are executing the same fast break drill on both sides of the court.
- Do the same drill from the right side of the court as well so players can work on using their left hand to dribble and to finish with a left-handed layup.

5-player fast break

Time: 12-13 minutes

Description:

- First practice this without defenders. Place 5 players at a time in halfcourt defense, with the 5, 4 and the weak-side 2 or 3 boxing out imaginary offensive players in a triangle around the lane and the 1 and strong-side 2 or 3 boxing out perimeter players (and one of them boxing out you as the shooter).
- You shoot and deliberately miss. If a player gets the rebound to the right of the basket, the 1 moves to the right wing near the arc to call for and receive the outlet pass while the rebounder pivots, protects the ball and makes a strong outlet pass. The 2 and 3 sprint ahead and fill the lanes down the right and left sidelines of your 3-lane fast break, the big farthest from the basket who didn't get the rebound sprints down the middle lane of the break toward the strong-side low post while the 1 dribbles the ball into the middle of the court (the middle lane) and the rebounder is the trailer.
- If a player to the left of the basket grabs the rebound, the 1 looks for the outlet pass on the left wing near the arc. If the rebound is in the middle of the lane, the 1 can receive the outlet at or in front of the top of the key.
- Teach players who are running the floor to run hard and look back to the 1 for a possible long leak-out pass. If they are open teach them to have their hand closest to the basket out as a target hand. Unless your 1 has a strong arm, teach them to dribble hard, keep their head up and make the long pass downcourt to an open teammate after crossing halfcourt to reduce the likelihood of a bad pass.
- Teach your sideline runners to cut diagonally to the basket when they reach the free-throw line extended. Decide what you consider acceptable shots and what aren't in these situations. For example, some coaches only want a layup or shot in the lane out of a fast break, while others are fine with an open 15-foot jumper as well.
- Run these defense-rebound-fast breaks as many times as needed and with different lineup combinations if you have players playing and learning multiple positions. Add 2-3 defenders downcourt after a few minutes.
- Then place 5 players at a time in halfcourt defense, with the 5 and 4 at or near the low blocks, the 2 and 3 on the wings and the 1 up top.
- You and another coach or two are on offense along with 3 players, with a coach at point guard.
- Make 1 or 2 passes, then shoot to deliberately miss. (Make sure the offense shoots from different positions on the floor over the course of this drill.) Whoever is defending the shooter closes out with a hand high and every defensive player finds his player and boxes out.
- If the defense gets the rebound, it fast breaks while the defense hustles back. (Coaches can purposely jog back initially to give the offense a chance to successfully fast break.)
- Lastly, teach players to set up the offense and run a halfcourt play, such as a ball screen two-man game or straight motion, if they don't have a numbers advantage.

Game: do or die

Time: 2-3 minutes

Description:

- Same game as week one.

Post-game huddle

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Eighth Grade Basketball Clinic Week 3

Pre-game huddle

Dynamic stretching

Time: 4-5 minutes

Warmup: 3 on 2

Time: 6-8 minutes

Description:

- Play 3 on 2 halfcourt. Choose two defenders. (Switch out defenders until everyone has had a chance to defend.) One starts at the free throw line, and the other starts in the lane.
- The three offensive players start at the top of the key, the left wing and the right wing.
- Teach the offense to break down the defense by attacking the seams in the defense via the pass and dribble, reversing and swinging the ball side to side, flashing from the weak to strong side of the court (it is hard for defenders to track weak-side cutters), how to draw defenders with the ball and how to pass to teammates who move to the soft spots in the defense. Pass and shot fakes are very effective as well.
- Set up specific parameters to focus players on certain skills. Example: for one minute, the offense cannot dribble, only advancing the ball via the pass, or the offense must set at least one ball or off-ball screen before shooting or can only shoot inside the lane.

Water break

Shooting: t-shot drill

Time: 12-13 minutes

Description:

- Form two lines of players behind the baseline facing the lane on either side of the backboard. Each line has a ball. One player is the first shooter and stands at the right low block facing the first player with the ball in the right line.
- The first player in the right out-of-bounds line inbound passes to the shooter after the shooter calls "Ball." While the shooter rises up to shoot from the low post (no dribble), the inbound passer runs quickly around him and calls for the ball as he nears the left low block. The first player in the left out-of-bounds line inbound passes to them. As the receiver catches, squares up and shoots from the left low post, the passer runs quickly around him and calls for the ball as he nears the right low block.
- Shooters rebound their own shot, pass the ball to the next person in the inbound passing line and go to the end of the opposite inbound passing line.
- The drill continues for 1-2 minutes or until the group makes a predetermined number of shots (such as 10 baskets in which the shooters used the backboard on each shot).
- Then have the shooters shoot from the mid-post, the high post, the short corner of the baseline, the mid-range right and left wings and the corners and wings of the 3-point arc. (For the short corner, wings and 3-point shots, passer cut directly to the opposite spot instead of running around the shooter they just passed to.) Give the group a reasonable number of shots to collectively make at each distance.
- Mix up the types of inbound passes you have them make: bounce passes, chest passes, overhead passes and fake high/pass low and fake low/pass high.
- Then add in shot fakes and head and shoulder fakes and then rising up and shooting to the mix at certain spots as well as shot fakes and head and shoulder fakes and then driving to the basket for a layup and/or a pull-up jump shot.

Water break

Dribbling

Time: 10-11 minutes

Description:

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- Depending on how many players are in your class, set up 3 to 5 lines of cones from sideline to sideline. Each line should have 3 cones spaced out evenly, and there should be at least 12 to 15 feet between each line of cones so players don't run into each other while dribbling.
- Divide your players into groups of 2-4 players per group.
- Have players take turns performing each dribble from sideline to sideline at least 2 times each.
- Speed dribble from sideline to sideline with the right hand, keeping the dribble in front of their body at waist height. Then speed dribble from sideline to sideline with the left hand.
- Weave between cones, starting with the right hand and switching to the left hand when dribbling around a cone to the left and with the right hand when dribbling around a cone to the right.
- Perform a crossover dribble at each cone. Start with the right hand and cross over right to left at the first cone, then left to right at the second cone and right to left at the third cone.
- Perform a hesitation dribble at each cone. Use the right hand the first time down. Use the left hand the second time down. Start by speed dribbling, then hesitate at each cone, coming almost to a complete stop for a second before resuming with a speed dribble after hesitating.
- Practice a reverse dribble at the first cone only. Have each player reverse dribble several times each to get comfortable with it.
- Perform a reverse dribble at each cone. Use the right hand going down, then use the left hand coming back. The reverse dribble is executed by sliding the dribbling hand to the front of the ball and pushing the ball backwards, dribbling the ball to the side of the back foot while protecting the ball with the non-dribbling arm.
- Perform an inside-out dribble at each cone. Also known as a fake crossover, teach and demonstrate how to bring the ball in front of your body as if executing a crossover but then slide your dribbling hand to the other side of the ball (left side if dribbling with the right hand) and push it back to the strong side of your body (the right side of your body if dribbling right-handed). If your group isn't ready for this dribble, have them practice it with the right and then left hands in stationary positions for a minute per hand.
- Perform a spin dribble at each cone.
- Finish with a behind-the-back dribble at each cone. Emphasize keeping their head up and trusting their hands to do their job as they execute this dribble.

Water break

Ball screens and defending ball screens

Time: 10-11 minutes

Description:

- Dribblers fake a dribble or pass one direction and then dribble closely around the screener after the screener sets their feet. Teach dribblers to "brush shoulders" with the screener to run the defender into the screen so the defender can't squeeze between the screener and dribbler, then turn the corner with a quick dribble and go to the basket for a layup.
- Screeners hold up their left hand for 1-2 seconds to tell the dribbler they are going to set a screen to the left of the defender (the screener's left) or hold up their right hand for 1-2 seconds to tell the dribbler the screen will be set to the right of the defender. Set your feet shoulder-width apart with your feet and body facing the defender's side. Boys fold their hands together slightly below their waist to keep from using their hands to push or grab the defender. Girls cross their arms across the chest. The screener then "rolls" open for a possible pass by pivoting on the foot that is closer to the basket and opening up to face the dribbler while moving toward the 3-second lane.
- Divide the players into two groups, having one group take turns setting screens while the other group takes turns dribbling and either shooting a layup or jumper or passing to the roller.
- Set up the players to execute ball screens at the top of the key and then move them to execute ball screens from both the right and left wings.
- Quickly add in defenders and have them practice fighting over screens, going under screens and calling out help and switch and switching defensive assignments when the on-ball defender gets caught in a screen.
- Offensive players can also practice resetting a ball screen when the first attempt doesn't work, finding a different angle to work with or setting the screen to send the dribbler the opposite direction.

- Also, teach ball-handlers to rise up and shoot the outside shot when the defender goes under the screen and teach screeners to slip the screen (back-cutting toward the lane) when the defender guarding them fronts or overplays them or cheats high to take away the dribbler's penetration.
- Make this a game and keep score. You may need to set a time limit for the offense, such as 10 seconds.

Defense: shell man to man

Time: 11-12 minutes

Description:

- The shell man to man is designed to form a shell around the lane to limit shots near the basket.
- Teach on-ball defense, denying the pass when the player you are guarding is one pass away from the player with the ball and help-side defense when the player you are guarding is two passes away from the player with the ball.
- Set up an offensive player just outside the arc on the left wing (player 3), top of the key (player 1) and right wing (player 2) as well as just outside the left low post (5) and right low post (4).
- Establish five defensive lines behind the baseline. 1s are under the basket, 2s are closest to the right wing, 3s are closest to the left wing, 4s are just outside the right side of the lane and 5s are just outside the left side of the lane.
- The coach has a ball. They pass the ball to the 2. The first defender in the 2s line quickly closes out on the 2 and assumes on-ball defensive position while the first player in the 1s line moves out and into deny position, which is a little ways up the line between the 1 and the 2 and a couple of steps toward the ball-handler in order to stop dribble penetration and prevent a pass to the 1. The first defender in the 3s line sprints out into help-side defensive position, standing at the edge of the lane in the mid-post area since their man is two passes away from the ball-handler. The first defender in the 5s line sprints out into help-side defensive position inside the lane a few feet up from the 5. The first defender in the 4s line sprints out into deny position, chest to chest with his man and with his left hand lightly touching his assignment's mid-section and his right "windshield wiper" arm extended into the passing lane to deny the entry pass. His left or back foot is slightly behind his man and his right foot is slightly in front of his man.
- Help players get in the proper defensive chest-to-chest position if they are out of position. Then instruct the 2 to pass the ball to the 1. The 1's defender moves into on-ball defensive position while the 5, 4, 2 and 3's defenders move into deny position on their men. Then have the 1 pass to the 3 so that the 3's defender moves into on-ball defensive position while the 1's and 5's defenders assume deny positioning and the 2's defender moves into help-side defensive position at the edge of the lane in the mid-post area.
- Continue having the 5 offensive players pass the ball around the perimeter and down low to the 4 and 5 until you're ready to switch players around. The 5 defenders become the 5 offensive players, while the offensive players each go to the back of a defensive line. Take the ball back and pass it to one of the 5 offensive players, and the next 5 defenders in line sprint out based on who you passed to.
- Occasionally instruct a ball-handler to drive past his defender so that players can practice leaving their man to help stop dribble penetration. Teach players who lose their player in this situation to recover and help the helper by picking up the help defender's offensive player or picking up the offensive player left open when another defender rotates over and picks up the helper's offensive player. For example, if the 1 dribbles past his defender and down the right side of the lane, the 4 slides over to help stop the 1, the 2 leaves his assignment to rotate over and defend the 4's offensive player, and the 1's initial defender recovers to pick up the 2's initial assignment.
- Then have the offense try to score in a minimum of X number of passes after you initiate the first pass and have the defense defend aggressively. Keep track of scores if you'd like, and consider giving the offense a fixed amount of time to score, such as 15 seconds.

Game: do or die

Time: 2-3 minutes

Post-game huddle

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Eighth Grade Basketball Clinic Week 4

Pre-game huddle

Dynamic stretching

Time: 4-5 minutes

Warmup: 2 on 1

Time: 4-5 minutes

Description:

- Select a player to be the defender. Rotate defenders every 30 seconds.
- For 2 on 1, one line starts with the ball to the right of the top of the key. The other line starts to the left of the top of the key. The first two players in the right line have a ball to keep things moving.
- At your signal, the first player in each line begins moving, with the right player dribbling and the left player running just outside of the left side of the lane.
- As the defender, start moving toward the dribbler. Instruct the dribblers to stop their dribble and throw a bounce, wrap-around or sidearm skip pass to their teammate if the defender's hands up or an overhead or lob pass if the defender's hands are down or out to his sides. Their teammate can then either take a dribble or two and shoot or just catch and shoot.
- The passer then continues to move toward the right side of the basket and is ready for the rebound and put-back.
- The first two players then go to the back of the opposite lines so that everyone gets a chance to be both the dribbler/passer and the receiver/shooter.
- Switch balls to the left line so players get practice dribbling with their left hand.
- Make it a game. Count out loud on each possession to see which pair can score in the shortest amount of time. This will increase the intensity of the drill and teach players to execute quickly in a fast break situation.

Water break

Layup series

Time: 11-12 minutes

Description:

- Practice right-handed and left-handed layups using dribbling starting from triple-threat position at the left and right wings.
- Then practice ...
- Right-handed and left-handed reverse layups from triple-threat position starting from the left and right short corners of the baseline and then from the left and right wings.
- Righty and lefty layups from the left and right wings. From the left wing, the dribbler uses a rip-through move, drives with the right hand to the left free-throw elbow, executes a spin dribble, switches to his left hand and makes a left-handed layup. Then have players make the same progression from the right wing, finishing with a right-handed layup.
- Lefty and righty layups off a pass from the top of the key into triple-threat position before dribbling in for a layup.
- V-cut, receive the pass, get in triple-threat position and dribble in for a layup.
- V-cut, receive the pass, get in triple-threat position, perform a shot fake and drive in for a layup.
- V-cut, receive pass, get in triple-threat position, pass fake to the passer and drive in for a layup.
- A rip-through move and double rip-through move from left and right wings, finishing with layup.

Water break

Rocker step

Time: 7-8 minutes

Description:

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- This is a fast head and shoulder fake to set up a defender for a drive. Teach players to hold the ball at waist height or close to their hips. Take a jab step toward their defender while using a dribble fake as you bring the ball down alongside your knee.
- If the defender doesn't bite on either fake, rock back or return to triple-threat position, then this time make an aggressive hard first step with the same lead foot (right foot if they intend to dribble with the right hand) and dribble quickly past their defender's hip to the basket.
- Have players practice this move and finish with layups and pullup jumpers from the right and left wings, the top of the key and the baseline.

Game: 1 on 1

Time: 5-6 minutes

Description:

- Make it a game; individual players keep track of how many baskets they make. Player with the most baskets at the end of the game wins.
- Set up four lines – two at each basket. One line of players facing the free-throw line is under each basket. One line of players facing the basket is at each free-throw line.
- Defenders are under the basket. Offensive players are at the foul line.
- Review how defenders should close out on an offensive player, running quickly toward the player, then slowing down with short, choppy steps as he nears the offense, finishing with his strong foot forward, and extending one hand high in the air to contest a possible shot and keeping the hand on the same side as the ball out to the side in case the offensive player decides to dribble that direction.
- First player in the defensive line passes to the first player in the offensive line, then closes out at the offensive player. The offensive player catches the passes, gets quickly into triple-threat position and attempts to score either by shooting or dribbling to get an open shot.
- Teach offensive players how to use a jab step to freeze the defender long enough to clear space for an open jump shot before you start the game. A jab step is executed by taking one small step forward with the lead foot (right foot for righties, left foot for lefties) and faking a dribble before pulling the ball up quickly into the shooting pocket and bringing the lead foot back until it is slightly ahead of the back foot and rising up and shooting the jumper.
- The defender defends the offensive player to prevent a basket and boxes out if a shot is attempted. The play ends when the defender stops the offensive player or the offensive player scores. The ball is passed to the next defender in line. The offensive player goes to the end of the defensive line and the defender to the end of the offensive line.

Water break

Defense: backcourt trapping, playing the passing lanes and transitioning

Time: 12-13 minutes

Description:

- Remind players that the best places to trap are along the sideline and baseline and in the corners of the court.
- Form a single-file line outside of a sideline near one corner of the baseline on both sides of the court and opposite sides of the court. (One group works at one end of the court with a coach and the other group works at the other end with another coach unless you have fewer than 10 players.)
- You serve as the dummy point guard with the ball.
- The first four players in line are on defense. The next two players in line are your teammates on offense. Assign one to be the inbounds passer.

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- One player shadows you at the top of the 1-2-1-1 full-court zone press. One defender, the 2, is positioned just inside the 3-point arc at the left wing. Another defender, the 3, is just inside the arc at the right wing. The fourth defender, the 4, is several feet inside the halfcourt line in the middle of the court.
- You stand in the 3-second lane. One of your teammates is just outside the lane on the left side of the court, and your third teammate is the inbounds passer.
- Instruct your defender to try to force the initial pass to be outside of the lane and toward one corner of the backcourt.
- Cut toward the inbounds passer, who stands to the left of the lane outside of the baseline. Teach the 1 defender to make sure they are outside of your inside hip (the hip closest to the middle of the court), ready to overplay and force you toward the 2 defender for a trap along the sidelines. The 2's job is to prevent you from driving past them. The 2 moves toward you a few feet from the sidelines in their defensive stance, ready to slide over at an angle and beat you to the sideline to cut off your dribble while the 1 stays with you and closes you off with a trap. The two defenders make sure their inside feet are touching to keep you from splitting the trap with a step-through and immediately extend their hands high and out with at least one of their hands always mirroring the ball and with both players yelling "Trap!" repeatedly.
- Meanwhile, the inbounds passer cuts to the middle of the court and slightly behind you for a return pass. The weak-side defender (the 3) needs to read this and shift to the middle of the court in denial position at the same time that the trap is forming. This way, by the time the trap forms, the 3 is already prepared to jump the passing lane and steal or knock the pass away.
- Your other offensive teammate tries to get open up the sideline from you, which the 4 defender reads. The 4's responsibility is to hedge toward the offensive player who attempts to get open along the strong-side sideline toward halfcourt to prevent that pass.
- Emphasize avoiding bailing out the offense by reaching in when trapping.
- Purposely make bad passes early when defenders are in proper position for the trap and for the steal. Teach players to then transition quickly from a defensive steal into a fast break, spreading out to balance the court and making quick decisions and the extra pass. Stress that a steal should translate into a layup or an open shot in the lane and not a long jump shot or a contested jumper.
- Practice this scenario until everyone's had a chance to be on defense and offense. As players get comfortable with this defense, make fewer mistakes on purpose to force the defenders to up their game. Make sure to attack both sides of the court over the course of this drill so the trap gets set on either sideline.
- Teach the 4 defender to stop any drive up the sideline if a guard gets past the initial wing defender and form a trap with that strong-side wing defender, who recovers and follows the ball-handler. The 1 then rotates to take away the pass to an offensive player in the middle of the court across from or behind the trap, and the weak-side wing defender then rotates to take the 4's responsibility for defending a pass up the court, such as to the middle of the court at or near halfcourt.
- Eventually have rotating players replace you as point guard and allow the inbounds passer to throw to any of the three offensive players. Add in a fourth offensive player if time allows.

Water break

Passing and shooting

Time: 6-7 minutes

Description:

- Line up the players in four lines. Two lines are out of bounds, and each of these players has a basketball. The other two lines are in-bounds, with each line straight across and a few feet away from an out-of-bounds line.
- Have the passers make inbounds passes to the players while the players practice v-cuts, back cuts and faking away and cutting straight to the passer. Players then call "Ball," catch the pass, pivot, square up, shoot a short jump shot and follow their shot for a rebound.
- After a minute or so, switch roles so everyone gets to practice passing, using cuts, receiving and shooting.
- Then have the first player in each in-bounds line serve as a screener and the second player in

each in-bounds line serve as the cutter so players practice screening and using screens to get open for the in-bounds pass. (Coaches or additional players can act as defenders.)

- Then make it a game to see how many total baskets the group can make in a prescribed amount of time, such as one minute.

Game

Time: 6-7 minutes

Description:

- Play 5 on 5 full court emphasizing some of the sets and principles you have been teaching.
- Or play games of 2 on 2, 3 on 3 or 4 on 4 depending on the number of players in your clinic. If you have two coaches, have half of your group at one basket and half at the other basket.
- Use different colored pinnies to designate teams.
- If halfcourt only, start each offensive possession at the top of the key or with an inbounds pass near halfcourt. If full court, start with a jump ball.
- If halfcourt only, if the defense steals or rebounds the ball or the offensive team turns the ball over, commits a foul or scores, begin the next possession at the top of the key again.
- Make sure you have a whistle so you can use it to stop play.

Post-game huddle

Eighth Grade Basketball Clinic Week 5

Pre-game huddle

Dynamic stretching

Time: 4-5 minutes

Dribbling

Time: 8-9 minutes

Description:

- Set up 3-6 lines of cones, depending on how many players you have, either from sideline to sideline or (if you only need 3 lines) baseline to baseline.
- Instruct players to dribble down and back 2-3 times per type of dribble the speed (left and right hands), crossover, between the legs crossover, behind the back crossover, hesitation (left and right hands), hesitation crossover, reverse (left and right hands), reverse crossover, inside-out (left and right hands) and spin (left and right) dribbles.

Water break

Post offense and feeding the post

Time: 10-11 minutes

Description:

- Teach and demonstrate how to establish low post offensive position, receive a pass, pivot, square up, jump and shoot. Emphasize a wide base with the legs, low hips, using one arm to shield off the defender and the other arm and hand extended up and out as the target hand for the passer.
- Teach post players how to pivot on either foot so they can go either direction depending on if the defender is on their left or right hip. Have post players practice posting up and shooting from both the left and right low blocks (low post) as well as the mid-post areas.
- Have post players practice with no defender, then with token defense from a coach and lastly against another teammate defending. Teach defenders to get into deny position as you taught in the last session on defensive positioning and to contest with their arm straight up (law of verticality so they don't foul) and hand in the shooter's line of sight and then to pivot and box out the shooter for the rebound.
- Teach passers to get to the free-throw line extended to feed the post. Teach them to use pass fakes and a dribble to their left or right to create a passing angle. Have passers feed the post without and then with a defender on them.
- Teach post players how to pivot and turn to their left and right and shoot over their left and right shoulder at the right and left low post. Then teach players how to drop step from the mid-post, receiving the pass in the left low post, taking one left-handed dribble to their right, dropping the left foot backwards one step as you pick up your dribble, pivoting on the left foot, squaring up to the box and shooting a short jumper. The drop step is the same at the right mid-post except with opposite footwork – right-handed dribble to their left (into the lane), drop the right foot backwards one step, pivot on the right foot, square up to the box and shoot a short jumper.

Shooting: t-shot drill

Time: 10-11 minutes

Description:

- Do the t-shot drill again, starting at the low post, then mid-post, then free-throw line elbows, then the baseline, then the mid-range wings and lastly at the 3-point arc wings. (Passers don't run around the shooters when the ball is being shot at the mid-range and 3-point arc wings. They simply pass and cut to the opposite wing to receive a pass.)
- Then keep the players at the wings and have them practice shot fakes into driving layups, then pass fakes into driving layups, then jab steps and then rip-through moves into driving layups. (For a rip-through, get into triple-threat position, then quickly bring the ball across and in front of either the neck or legs and explode past the defender. For a double rip-through, quickly bring the ball across the neck or legs to one side of the body, then quickly bring it back to the original side

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and explode past the defender.)

- Finish with head and shoulder fakes into one-dribble pull-up jump shots either with a left step-right step-jump-shot sequence (if right-handed; footwork is opposite for left-handers) or using a jump stop into the jump shot.

Water break

Motion offense: screen down, screen across and screen away

Time: 11-12 minutes

Description:

- Set up players at both ends of the court with a coach to learn the 3-out, 2-in motion offense (call out motion to let players know what set they're running).
- Put players at the 1 (halfcourt circle with the ball), 2 (right low block just outside the lane), 3 (left low block just outside the lane), 4 (right mid-post) and 5 (left mid-post).
- The motion begins with the 1 dribbling across halfcourt. The 4 and 5 then set down screens for the 2 and 3. Teach players the entire motion offense sequence before allowing them to shoot.
- If the 2 and 3 (and 4 and 5) don't receive passes immediately, the 2 and 3 continue cutting to the right and left wings near or beyond the 3-point arc. If the 1 passes to the 2, they then screen away for the 3 to cut to the free-throw line while at the same time the 4 screens across the lane for the 5 to cut to the right low block or short corner.
- If no cutter is immediately open, the 3 cuts out to the top of the key area and receives a pass from the 2. The 3 then immediately reverses the ball to the 1, who is now on the left wing. (The 1 may need to execute a quick v-cut in a game to get open.) The 3 then screens away for the 2 to cut to the free-throw line while the 4 (who is now at the left low block) screens across for the 5 to cut to the left low block or short corner.
- If no one is open, the 2 cuts out to the top of the key area and receives a pass from the 1, then reverses the ball to the 3 on the right wing. The 2 then screens away for the 1 to cut to the foul line while the 4 screens across for the 5 to cut to the right low block or short corner.
- The 3-out, 2-in motion offense is a continuity offense, meaning it consists of patterns that can be run continuously to keep the offense balanced and in order.
- There are many other options to this offense. Teach the players what to do when the 1's first pass is made to the 4 or 5 and have the players practice the motion against 5 defenders, encouraging them to take advantage of opportunities to drive, post up and catch and shoot.
- Eventually make this a 5 on 5 game, giving each group of 5 the same number of possessions. Winning team is the group that scores the most points. If a player is fouled in the act of shooting, award his team two points.

Water break

Defense: basics of 1-2-1-1 (diamond and 1) full-court zone press

Time: 11-12 minutes

Description:

- Select five players to play on defense. Set up the 1 in the lane near the basket in the backcourt. The 2 is to their right at the free-throw line extended, and the 3 is to their left at the free-throw line extended. They are in an athletic off-the-ball zone defensive stance with their hands up and out and their head on a swivel seeing the inbounds passer and any offensive players in their area. The 4 or the 5 is behind the 1 at or behind the top of the key or closer to halfcourt depending on the type of zone press break they face. The 4 (or 5) is in the same stance.
- These four defenders form a diamond shape in the backcourt, hence the name of the press.
- The 5 (or the 4 if you prefer) is the "1" in the diamond and 1, defending the lane in the frontcourt in case of a long baseball pass or if the offense quickly breaks the press and has a 2 on 1 or 3 on 1 advantage.
- (If you prefer, place your tallest and most athletic and aggressive defender at the 1 on the press in order to form difficult traps for smaller guards to pass out of. The 1 could be employed at the back end of the diamond in the 4's role.)
- Set up the offense in whatever press break formation you prefer, such as a box shape where the

two guards are side by side at or near the baseline and the 3 and 4 are across from each other outside the arc or near halfcourt.

- Teach the defense to deny any inbounds passes to the middle of the court. The 2 and 3 should hedge toward the middle of the backcourt initially to goad the inbounds passer to pass the ball toward the sidelines, corners or baseline. The 1 should try to make the inbounds pass be either in front of them or to their left or right.
- If the pass is toward a corner, the 1 and the strong-side wing defender force the ball-handler to the corner for a trap. Same if the pass is toward a sideline. The weak-side wing defender then rotates to take away any pass to the middle of the court, such as a return pass to the inbounds passer, while the 4 defender takes away any pass up the strong-side sideline.
- If the inbounds pass is made over the 2 or 3 defender, the 4 slides over to either steal the pass or, if they can't get there in time, to contain and cut off a dribble up the sideline while the strong-side wing defender quickly closes out on the ball-handler to form the trap. The 1 then rotates up-court to take away the pass to an offensive player in the middle of the court across from or behind the trap, such as the inbounds passer, and the weak-side wing defender rotates up-court to take away the pass to an offensive player in the middle of the court that is ahead of the trap, such as at or near halfcourt.
- Give everyone an opportunity to walk through and play defense and offense. If time allows, let the defense transition to offense off a steal and allow the offense to attack the basket when it breaks the press.

Game: do or die

Time: 2-3 minutes

Post-game huddle

Eighth Grade Basketball Clinic Week 6

Pre-game huddle

Dynamic stretching

Time: 4-5 minutes

Dribbling

Time: 7-8 minutes

Description:

- Set up cones around both foul lanes of court at right and left low blocks, mid-post and high post.
- Have players take turns dribbling around each cone using a crossover dribble, between the legs crossover, behind the back crossover, hesitation dribble, hesitation crossover, inside-out, spin, reverse and reverse crossover dribble.
- For each type of dribble, have players start at the right low block in triple-threat position and finish going around the left low block. Then have them do the same dribbles starting at the left low block and finishing going around the right low block.
- Then do the same drill except replace two of the cones with actual defenders who must remain stationary but can try to poke the ball away. Give each player in your group a turn as a live stationary defender. Also take out the last cone around the lane so that players can practice finishing with a layup or a jump stop pullup jump shot (or both as time allows).

Water break

Movement without the ball

Time: 8-9 minutes

Description:

- Create 3 lines: at the top of the key (position 1), the right wing (position 2) and the left wing (position 3). Give a ball to the first player in the 1 line while you defend the first player in the 3 line and a second coach defends the 1.
- The 1 passes the ball to the first player in the 2 line, then runs toward the coach to set an off-the-ball screen on you. Teach the 3 to take a step away from the direction the 1 is coming from, then run past the 1's screen as soon as the 1 sets his feet, rubbing shoulders with the 1 as he passes him in order to run you, the defender, into the screen.
- The 3 cuts toward the passer, heading to the top of the key, or cuts toward the free-throw line depending on where the defender is, with his hands out as a target for the passer. The 2 then passes the ball to the 3, who catches, turns and shoots at or just inside the free-throw line or catches, turns, dribbles, pulls up and shoots at or just inside the free-throw line depending on if he received the pass at the foul line or the top of the key.
- The 1, 2 and 3 then go to the back of a new line (1 to the back of the 2 line, 2 to the back of the 3 line and 3 to the back of the 1 line). Continue until everyone has played all 3 positions, then switch it so that the pass goes to the 3 and the 1 screens away for the 2. Continue until everyone has played all 3 positions again.
- Now do the same drill with five lines: at the 1, 2, 3, 4 (right low block just outside the lane) and 5 (left low block just outside the lane). As soon as the 1 passes to the 2, the 1 then screens away for the 3 while the 4 screens across for the 5. The 2 can pass to the 5 for a shot at or near the right low block or to the 3 for a shot at the foul line. Go quickly until all have played all 5 positions.
- Then finish by having the 1 pass to the 3, which triggers the 1 screening away for the 2 and the 5 screening across for the 4. Give everyone a chance to play all 5 positions for a possession.

Water break

UCLA 1-4 high post offense

Time: 12-13 minutes

Description:

- This is a 1-4 man to man offensive set made popular by Coach John Wooden's 10 national

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championship teams at UCLA.

- Set up your 1 (point guard) just inside halfcourt. The 2 (shooting guard) and 3 (small forward) are on the right and left wings at the 3-point arc. The 4 (power forward) and 5 (center) are at the right and left low posts just outside the 3-second lane.
- Here is the basic initial setup: When your 1 yells out “UCLA,” the 4 and 5 fake and flash hard to the right and left free-throw elbows while the 2 and 3 v-cut outside of the arc, all with hands to target ready to receive a pass.
- The 1 can pass to any of the four teammates. If they pass to the 4 or the 5, the strong-side wing makes a back cut looking for a pass and layup. At the same time, the 1 quickly fakes and cuts for a give and go with the 4 or 5 in case the strong-side wing is not open. (If the strong-side wing does not receive the pass, they cut through the lane and curl out to the weak-side wing, while the weak-side wing cuts to the top of the key to replace the 1.
- If the 1 doesn’t receive a return hand-off or pass, the 1 cuts out to the strong-side wing while the other high-post player cuts diagonally across the lane toward the strong-side low post looking for a pass and layup or short jump shot.
- The high-post player who receives the initial pass could also catch, turn and shoot a jump shot if open or catch, turn and use a move (head fake, shoulder fake, shot fake, pass fake, rip-through) to help them drive past their defender for a layup or jump shot.
- If no options are available, the high-post player can pass the ball back out to the top of the key, where the weak-side wing flashed to. The high-post player then cuts to the opposite free-throw elbow, the other big cuts to the other free-throw elbow that is now vacant, and the 1 and the other wing v-cut to get open on the wings outside of the arc.
- Work on the options off an initial pass to the 2 or the 3 the following session unless your players are remembering or picking up the initial options quickly.

3-out, 2-in motion offense

Time: 12-13 minutes

Description:

- Set up players at both ends of the court with a coach to learn the 3-out, 2-in motion offense (call out motion to let players know what set they’re running).
- Put players at the 1 (halfcourt circle with the ball), 2 (right low block just outside the lane), 3 (left low block just outside the lane), 4 (right mid-post) and 5 (left mid-post).
- The motion begins with the 1 dribbling across halfcourt. The 4 and 5 then set down screens for the 2 and 3. Teach players the entire motion offense sequence before allowing them to shoot.
- If the 2 and 3 (and 4 and 5) don’t receive passes immediately, the 2 and 3 continue cutting to the right and left wings near or beyond the 3-point arc. If the 1 passes to the 2, they then screen away for the 3 to cut to the free-throw line while at the same time the 4 screens across the lane for the 5 to cut to the right low block or short corner.
- If no cutter is immediately open, the 3 cuts out to the top of the key area and receives a pass from the 2. The 3 then immediately reverses the ball to the 1, who is now on the left wing. (The 1 may need to execute a quick v-cut in a game to get open.) The 3 then screens away for the 2 to cut to the free-throw line while the 4 (who is now at the left low block) screens across for the 5 to cut to the left low block or short corner.
- If no one is open, the 2 cuts out to the top of the key area and receives a pass from the 1, then reverses the ball to the 3 on the right wing. The 2 then screens away for the 1 to cut to the foul line while the 4 screens across for the 5 to cut to the right low block or short corner.
- The 3-out, 2-in motion offense is a continuity offense, meaning it consists of patterns that can be run continuously to keep the offense balanced and in order. Challenge the players to see how long they can keep the continuity of the offense flowing without the system breaking down. Focus particular attention on swinging and reversing the ball side to side while maintaining movement patterns, such as the 4 and 5 screening across for one another.
- Add in and practice the option of a wing player passing the ball back to the 1 and the 1 resetting the offense by calling out “Reset.” This tells the 2 and 3 to drop down to the baseline low posts and the 4 and 5 to slide to the mid-posts to set down screens for the wings again, giving the wings the option to fade out to the baseline, flare out to the wing or curl toward the lane off the screens. If the 2 or 3 fade out, this is frequently a good opportunity for the strong-side low post

player to pivot, seal their defender and roll into the lane for a quick hard post-up and interior pass from the 1. (If they don't immediately receive a pass, they should exit the lane to avoid a 3-seconds call.)

- If the group is picking up the motion quickly, add in an "X" option. When the 1 has the ball and yells "X," the 2 and 3 cut past each other underneath the basket, with the 2 then coming off a down screen from the 5 and the 3 off a down screen from the 4 to catch their defenders off-guard.
- There are many other options to this offense. If you have a basketball-savvy group and have time to move forward, teach the players what to do when the 1's first pass is made to the 4 or 5 and have the players practice the motion against 5 defenders, encouraging them to take advantage of opportunities to drive, post up and catch and shoot.
- If your players are picking up the offense quickly, divide them up and play 5 on 5 halfcourt. Give each team an equal number of possessions and keep track of each team's points as a game.

Water break

Game: 3-2-1 scrimmage

Time: 12-14 minutes

Description:

- Divide the players into two teams with different colored pinnies.
- Play 5 on 5 full court with fast breaks only allowed off steals outside of the 3-point arc. This game's emphasis is on halfcourt offensive and defensive execution.
- In this game, teams receive 1 point for getting off a quality shot (by your judgment) that misses while running UCLA or Motion. They receive 2 points for any made shot (or 3 if the made shot is a 3-pointer). They receive 3 points if they make a 2-point shot within execution of UCLA or Motion. They receive 4 points if they make a 3-point shot within execution of UCLA or Motion.
- Fast-break baskets are treated normally.
- Keep track of the score.

Post-game huddle

Eighth Grade Basketball Clinic Week 7

Pre-game huddle

Dynamic stretching

Time: 4-5 minutes

Warmups: dribbling relays

Time: 10-11 minutes

Description:

- Put players in teams of 2-3 each along the baseline.
- Create dribbling relays using the following dribbles:
- Speed dribble from baseline to baseline and back with the right hand and then the left.
- Then crossover dribble at the free-throw line extended, halfcourt line, opposite free-throw line extended and back.
- Then between the legs crossover at the same three lines and back.
- Then hesitation dribble at the same three lines and back.
- Hesitation crossover at the same three lines and back.
- Inside-out dribble same three lines and back.
- Spin dribble
- Finish with a behind the back crossover.
- Winning team gets water break first before the other teams.

Water break

Passing

Time: 6-7 minutes

Description:

- Play the four corners drill.
- Set up a line behind the baseline in one corner of the court, and place players at both wings outside of the 3-point arc as well as the opposite corner.
- The first two players in line have a basketball. The first player throws a bounce pass to the player at the strong-side wing. The passer then follows their pass to the wing while the wing player throws a bounce pass to the opposite wing and follows their pass. The opposite wing then throws a pass to the player in the corner as the corner player executes a back cut to the basket. The corner player gathers the pass and makes a layup while the opposite wing follows their pass to the corner.
- The drill continues continuously this way, with the corner player getting their own rebound and passing to the second player in the line and then going to the back of the line.
- Change the type of pass that players throw (chest, overhead, etc.) as well as the type of shot they shoot (reverse layup, pullup jumper) and the location of the shot. For example, the first player in line passes to the strong-side wing, who passes to the opposite corner, who then passes to the other wing as the wing back cuts to the basket.
- Make this a game, challenging the team to make X number of baskets in one or two minutes.

UCLA 1-4 high-post offense

Time: 11-12 minutes

Description:

- Review and run the players through the initial options of the UCLA high-post offense that you practiced the previous session.
- Now teach and practice the secondary options: an initial pass from the 1 to either the 2 or the 3 on the wing.
- If the pass is made to the 2, the 1 fakes and cuts hard past the 4 at the high post (free-throw elbow), running their defender into the 4 by brushing shoulders with the 4. If the 1 is open, the 2 passes to the 1 for a layup or short jump shot.

- After the 1 cuts past the 4, the 4 screens away for the 5 if the 1 does not receive a pass. (The 1 should cut to the weak-side wing while the 3 replaces the 1 at the top of the key.) The 5 cuts hard to the mid-post or low post with hands to target and receives a pass from the 2 if open while the 4 either rolls to the weak-side low post to get in position for an offensive rebound or to receive a lob pass from the 2 if the defense forgets them or the 4 can flash to the strong-side high post for a pass.
- If none of these options is open, the 2 can always look to drive, or the 2 can pass the ball to the 3 at the top of the key. The 4 and 5 then each flash to an elbow of the free-throw line and the 2 on the right wing and the 1 on the left wing can v-cut and get open outside the arc, keeping the offense continuous.
- If the 1's initial pass goes to the 3, teach the same options except everything is in reverse (the 5 screens for the 4 to cut to the strong-side mid-post or low post, for example).
- If the players are picking up the offense quickly, run all four initial options through to completion, using every option to get a shot.

Water break

5 on 5 defensive trapping

Time: 10-11 minutes

Description:

- Set up five players on offense in a 3-out, 2-in motion offense and five players in man to man defense.
- Teach and practice how to trap along the sidelines and baseline as well as at the corners just inside the halfcourt line.
- Give a name to each of the traps the defense attempts. The 5 calls out the defensive plays 1 (trap the point guard), 32 (trap the 3 or the 2, whichever one receives the pass) and 54 (trap the 5 or 4, whichever one receives the pass).
- Start with traps on the 1 with you or another coach as the dummy point guard. Teach the defensive 1 to pick up the offensive 1 three-quarter court and overplay the ball-handler to force him toward one sideline or another, forming a proverbial wall with his defensive hips and footwork so that the dribbler can only go one way. If he forces the offensive 1 to the left sideline, the 3 leaves his man and closes out quickly to seal the sideline and trap the 1. At the same time, the defensive 5 rotates to deny the offensive 3 and the defensive 4 rotates to the lane to hedge and defend both the offensive 5 and 4 at the same time (or have the defensive 4 rotate to play help-side defense on the offensive 5). If the 1 is able to split the trap off the dribble or passes to the 3 before the defensive 5 can deny the pass, teach the players to quickly recover and take away all options inside the 3-point arc; the 4 denies the pass to the offensive 5, the defensive 2 rotates to help-side defend the offensive 4, and the defensive 3 sprints to defend the offensive 2.
- Then work on traps on the 2 and the 3 and the rotations needed to deny players within one pass of the ball-handler. The defensive 2 or 3 purposely plays a few feet off their man to goad the 1 into passing to them to set up the trap.
- Finish with traps on the baseline on the 5 and 4. For example, if the defensive 4 and 2 trap the offensive 4 at the short corner baseline, the 1 rotates down at the same time to defend the offensive 2, and the defensive 3 rotates at the same time to play help-side defense on the offensive 1, leaving only the weak-side offensive 3 open for a difficult cross-court diagonal pass. And if the offensive 3 decided to cut to the lane, the defensive 3 is playing help-side defense and can jam the passing lane.
- If you have a small class of 15 or fewer players, run this full court as well, allowing the defense to fast break off a steal or rebound and giving the offense the chance to work on hustling back on defense and slowing down the ball-handler leading the break.

Baseline out of bounds play: Stack

Time: 4-5 minutes

Description:

- Teach teams a baseline play called Stack that can be run on either side of the basket.
- The 2 inbounds.

- The 3, 5, 4 and 1 line up single file in that order on the strong side of the court about 2 feet outside of the lane. The 3 is 4-5 feet from the baseline, and the 1 is near the strong-side free-throw elbow.
- After the 2 is handed the ball, the 3 turns around and sets a back screen on the defender guarding the 5. The 5 fakes quickly and cuts toward the basket. This is option 1.
- At the same time, the 4 turns and sets a screen on the defender guarding the 1, who cuts to the free-throw line area. This is option 2.
- The 3 and 4 both roll after the 5 and 2 cut past them. The 3 rolls to the baseline about 15-18 feet from the basket looking for a pass (option 3), and the 4 rolls and pops out to the 3-point arc on the strong-side wing (option 4). If the 4 receives the pass, the 1 can pop out to the top of the key for a pass and players get organized in their positions to run a play or the 5 can flash to the mid-post looking for an entry pass from the 4.

Game: halfcourt offense vs. defense

Time: 11-12 minutes

Description:

- Practice 5 on 5 halfcourt. If you have less than 20 players in your class, play 4 on 4 on both halfcourts or 5 on 5 on one side and 3 on 3 or 4 on 4 on the other halfcourt.
- Give both teams on each halfcourt an equal number of possessions on offense and defense.
- Ball starts with the 1 at halfcourt or with an inbounds pass at halfcourt.
- Call out each of the plays and sets the class has been learning: 14, 15, 24, 35 (ball screen series), UCLA and Motion, including Motion X. Also call out defensive trap plays: 1, 32 and 54.
- Offense gets 3 points for a 3-point basket made, 2 points for a 2-point basket made and 2 bonus points each time it successfully executes a play or set to get a high-percentage shot, so the offense could get up to 5 points on one shot.
- Defense gets 2 points for each steal it makes or turnover it forces and 1 point for every defensive rebound it secures.
- Offense can also score via offensive rebounds and put-backs or offensive rebounds that lead to a basket.
- Keep the teams' scores.

Post-game huddle

Eighth Grade Basketball Clinic Week 8

Pre-game huddle

Dynamic stretching

Time: 4-5 minutes

Warmup: 3 on 2 2 on 1

Time: 7-8 minutes

Description:

- Play 3 on 2-2 on 1, an intense full-court fast break drill.
- Set up three players at halfcourt: 1 with the ball in the middle and 2 players a few feet inside the left and right sidelines.
- Set up 2 players on defense: 1 between the top of the key and the free throw line and the other in the lane.
- The 3 players sprint the lanes and push the ball up the court in a fast break. with the 2 lane runners cutting toward the basket once they reach the free-throw line extended. The point guard leading the break pushes the ball up-court until he's able to draw the perimeter defender. He then either passes to one of the cutters. who draws the lane defender and passes to the other cutter for a layup or drives in for a layup if the lane defender doesn't commit, or drives past the initial defender to create a 3 on 1 opportunity.
- Count down from a predetermined amount of time to create urgency and get the players used to playing at a fast but under control pace on the break. The offense can rebound and shoot as many times as needed in the allotted time you give them. while the defense can end their possession with a steal, defensive rebound, forcing a turnover or knocking the ball out of bounds.
- The last offensive player to touch the ball hustles back to play defense against the two defenders who now are on offense in a 2 on 1 fast break. Make sure the two offensive players are spaced at least the width of the lane apart and that the player without the ball is looking back for a pass as he runs the floor ahead of the ball-handler and defender. Count down a predetermined amount of time that the 2 players have to fast break and score against the 1 defender.
- The other two offensive players who were part of the 3 on 2 break are now on defense and wait for the next group of 3. Once the 2 on 1 break crosses halfcourt. the next 3 players in line hustle to take their spots at halfcourt (1 point guard and 2 wing runners) for the next round of 3 on 2.
- The game continues in this fashion.

Water break

Ball-handling

Time: 4-5 minutes

Description:

- Each player needs a ball. Demonstrate and explain each skill. Emphasize using only the fingertips.
- Hold the ball with the fingertips. Have them squeeze the ball as they rotate it back and forth from one hand to the other. The ball should not touch the palms of the hands.
- Tip the ball back and forth from one hand to the other starting with hands over the head. Then gradually move the ball down and continue to tip it back and forth at the chest, waist, knees and ankles, then back up again. Keep the elbows straight while doing this.
- Have players put their feet together and make circles around both legs. Then circle around the back and around the head. Then combine them and move the ball in circles around the head, then down the body, around the knees and around the ankles. Then come back up again.
- With one leg forward, move the ball in a circular motion around the leg. Then do the same around the other leg. Then have players spread their legs wide with the ball in front of them. Move the ball around the legs in a figure eight. Then reverse the direction.
- Instruct players to place the ball between their feet and grab it with both hands. Begin with the left hand behind the left leg and the right hand in front of the right leg. Drop the ball so it bounces once. They then move their left hand in front of their left leg and their right hand behind

their right leg, catching the ball as it bounces up. Drop it again and switch their hands back to the original position (left behind, right in front) and catch it. Repeat this motion consecutively.

Shooting and driving coming off down screens and cross screens

Time: 9-10 minutes

Description:

- Practice using and setting screens down, across and screens away and coming off screens to shoot.
- If you have 2 coaches and 2 baskets, set up players first at the 5 (a few feet above the left low block) and 4 (a few feet above the right low block) as well as the 3 (this time at the left low block) and 2 (right low block) and the top of the key as the 1.
- Teach and demonstrate, then at your signal have the 5 take a couple of steps down toward the 3 and set a down screen for the 3 to run his defender into the screen by brushing shoulders with the 5. The 3 should fake a step or two the opposite direction he will be cutting to, then cut past the screen and pop out to the mid-range wing about 12-15 feet from the basket with his hands out and ready for a pass from the 1. The 2 should do the same thing at the same time coming off a down screen from the 4.
- The 1 then passes to either the 2 or 3, who catch, pivot on their left foot if they're the 3 (right foot if they're the 2), square up and shoot a jump shot. All 1s should alternate passing to the 2 and the 3 throughout the drill.
- Teach the 4 and 5 to pivot and open up and take a step toward the passer (the 1) after their teammate has rubbed shoulders and cut past them. This will be important when learning the 3-in, 2-out motion offense.
- The 4 and 5 move into position for the offensive rebound as soon as they see the 2 or 3 rising up to shoot.
- Continue this drill until everyone has gotten at least a couple of reps at each of the 5 positions.
- Then have the 2 and 3 run fade cuts where they come off the screens and cut along the baseline instead of to the wings. Then have them run a curl cut off the screens, curling toward the respective edges of the free-throw lane.
- Then give the 4s and 5s opportunities to screen across, post up and shoot.
- Use defenders for the second half of each portion of the drill to make this game-like.

Water break

Baseline out-of-bounds play: Box

Time: 6-7 minutes

Description:

- This is a baseline out of bounds play against man to man defense.
- Setup: the 1 is the inbound passer. The 5 and 3 are at the strong-side low post and high post, respectively, and the 4 and 2 are at the weak-side low post and high post. (You can mix and match and put players at different spots as you see fit as long as they form a box around the 3-second lane.)
- When the referee blows their whistle, the 4 and 5 sprint to set a double back screen on the back of the defender guarding the 2 at the weak-side high post. (The 2 sets up his defender by taking a step or two one direction and looking away from the passer.) The 2 runs his defender into the side-by-side screeners as soon as they set their feet. His first option is to cut to his right, brushing shoulders with the 4, and moving quickly and looking for a pass and layup or cutting toward the short corner, depending on if the defense switches and he's now guarded by the defensive 4.
- As the 2 cuts past him, the offensive 4 rolls quickly to the strong side of the basket as option 2.
- The offensive 3 sets a cross screen on the 5's defender so the 5 can cut to either the strong-side elbow or mid-range wing as option 3.
- The offensive 3 then pops out toward the top of the key as the safety valve and option 4.
- If the 1 is inbound passing from the left side of the basket, the play is run the same way but in reverse. The 4 and 5 set a double screen for the 3 on the weak-side high post, the 3 cuts past the 5's screen to the weak-side low post, the 5 rolls toward the inbound passer, the 2 screens across for the 4 to cut to the strong-side high post or wing, and the 2 pops out to the top of the key.

- Practice it both ways, first without defense and then with defenders.

Defense: 1-2-1-1 full-court press vs. press break

Time: 11-12 minutes

Description:

- Set up 5 players in a diamond-and-1 full-court press. Walk through the defensive responsibilities for each player on and off the ball depending on where the inbounds pass goes. Then teach the group how to hustle back to their 3-second lane to stop the opposing team and fall back into a man-to-man defense.
- Then select 5 more players to learn a basic press break. The 3 is the inbounds passer. The 1 and 2 are on either side of the lane at the left and right low posts with the 1 on the weak side, and the 4 and 5 are 12-15 feet apart inside the halfcourt line on either side of the defensive 4, with the 5 on the weak side.
- The 2 either sets a screen on the defensive 1 for the offensive 1 to cut to the strong side looking for the inbounds pass as option one, or the 2 and 1 simply cut and criss-cross, with the 2 as option two. The 4 either screens the defensive 4 so the 5 can cut to the middle of the defensive diamond as option three, or the 5 simply cuts to the middle of the diamond while the 4 takes a few steps toward the strong-side sideline as option four.
- If the pass goes to the 1 or the 2, the inbounds passer (the 3) begins running up the middle of the court. The 1 or 2 can drive, pass to the 3 in the middle of the court across from them, pass ahead to the 4 down the strong-side sideline or look for the 5 running ahead down the middle of the court to halfcourt. The 1 or 2 could also dribble quickly down the sideline to avoid the trap or dribble to the middle of the court, where traps are nearly impossible to set, and the ball-handler's teammates then fill one of the three lanes (the two outside lanes and the middle lane ahead of the 1/2). If the 1 passes to the 3 in the middle of the lane, the 3 can dribble up-court or pass to the 2 on the right side of the court or pass ahead to either the 5 (who cuts past halfcourt and to the right side of the court) or the 4 (who runs down the left side of the court). If the 1 passes to the 4 down the sideline, the 4 and 5 can form a 2-on-1 fast break against the defensive 5 defending the basket or the 4 can pass to the 3 running down the middle of the court to form a 3-on-1 break with the 5, who fills the right lane.
- There are many other options for the press break, but keep things simple and stress making good passes, avoiding trap spots along the sidelines and in the corners, moving to the open spots in the press and beating the press primarily by the pass, as the ball can move faster in the air than merely by the dribble.
- Practice the press, press break and defensive and offensive transitions until the ball is dead or until one of the teams scores.

Water break

End-of-game offensive plays

Time: 11-12 minutes

Description:

- Teach your group three set plays that can be used at any point in a game, including the end of a quarter, half or game.
- One of these plays is run out of a 1-4 high-post set: Kentucky.
- Kentucky: The 2 and 3 on the wings drop down to the baseline and criss-cross so that the 2 cuts to the left corner of the court and the 3 cuts to the right corner in order to occupy their defenders. Both wait in the corner for possible kick-out passes from the 1. The 4 and 5 pop up from the right and left high posts to above the top of the key, facing each other about 7-8 feet apart as the 1's two options for ball screens. The 1 dribbles around a ball screen from either the 4 or the 5. The 1 shoots the 3-point shot if their defender goes under the screen or drives if their defender runs into the screener. The ball screener rolls hard to the lane for a possible pass from the 1, while the big whose screen wasn't used cuts to the strong-side high post. The wing player (the 2 or 3) who is now in the weak-side corner cuts to the top of the key to act as the safety valve in case the defense gets a steal or long rebound so they are ready to hustle back on defense. The 1 can also pull up and shoot a jumper, drive to the basket or kick out a pass to the strong-side corner if the strong-side wing player's defender cheats off them to stop the 1's

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dribble penetration.

- Another play out of a 1-4 high-post set is Double Trouble.
- Double Trouble: The 1 dribbles around a pick-and-pop screen from the 2 just to the right of the top of the key. Meanwhile, the 3 runs a curl cut around staggered screens from the 5 and 4. The 5 sets their screen between the 3-point arc and the left high post, and the 4 sets their screen 3-4 feet behind the 5 at the left high post (free-throw elbow).
- The options include 1) the 1 passing to the 3 as they come off the screens curling into the lane, 2) the 1 passing to the 4 when the 4 rolls toward the basket after the 3 cuts past them (the 3 cuts to the weak-side short corner if they don't receive a pass from the 1 in order to clear out the lane for the 4's roll), 3) the 1 passes to the 5 rolling to the left high post, 4) the 1 passing to the 2 at the top of the key after the 2 sets the ball screen and pops out to the arc, 5) the 1 drives to the basket off the 2's ball screen.
- The final plays out of a 3-out, 2-in motion offense are 2 and 3. For 2, the 3 cuts across the lane to the right wing. The 4 and 5 set staggered screens at the right and left low posts for the 2 to run their defender into. The 2 runs the baseline and comes off the second screen (from 5) with hands to target looking for a pass from the 1, who dribbles to the left of the top of the key, for a catch and shoot. This is a good play for getting a 3-point shot at the end of a game, as the 2 would cut to the corner in that instance. The 1 can also pass to the 4 or 5, who pivot and pop up to the mid-post after the 2 cuts past each of them.
- 3 is the same play as 2 except the 2 cuts across the lane to the left wing while the 3 runs past staggered screens from the 5 and 4 to the opposite baseline or corner looking for a pass from the 1 for a catch and shoot.
- On the plays 2 and 3, the wing who receives the pass can also catch, fake and drive if the defender closes out hard on them, or the wing can feed the ball inside to the strong-side post player on a post-up at the strong-side low block if defenders switch and leave the strong-side big guarded by a smaller defender.

Game

Time: 3-4 minutes

Description:

- Play knockout. Have players shoot from behind the free-throw line for their first shot.
- Play 2 or 3 times or as time allows.

Post-game huddle

Eighth Grade Basketball Clinic Week 9

Pre-game huddle

Dynamic stretching

Time: 4-5 minutes

Warmup: dribbling

Time: 7-8 minutes

Description:

- Set up 3-6 lines of cones, depending on how many players you have, either from sideline to sideline or (if you only need 3 lines) baseline to baseline.
- Instruct players to dribble down and back per type of dribble: speed (left and right hands), crossover, between the legs crossover, behind the back crossover, hesitation (left and right hands), hesitation crossover, reverse (left and right hands), reverse crossover, inside-out (left and right hands) and spin (left and right) dribbles.
- Then pair up players to practice dribbling and on-ball defending from sideline to sideline.

Water break

5-player fast break review

Time: 7-8 minutes

Description:

- Five players on defense and five on offense. Coach shoots, defense boxes out, rebounds, outlets and runs five-player fast break. Offense becomes defense and works on defensive transitions.
- Occasionally throw an errant pass so the defense can practice offensive transitions off steals.
- Give all players the opportunity to be on defense and offense.

UCLA offense review

Time: 7-8 minutes

Description:

- Practice the offense 5 on 5 vs. defenders.

Water break

Motion offense review

Time: 8-9 minutes

Description:

- Practice the 3-out, 2-in motion offense 5 on 5 vs. defenders.

Set plays review

Time: 9-10 minutes

- Briefly review the end-of-game plays (2, 3, Illinois, Double Trouble), ball-screen plays (14, 15, 24, 35) and baseline plays (Stack, Box) at both ends of the court.

Water break

Game: 5 on 5 full court

Time: 13-14 minutes

Description:

- Play 5 on 5 halfcourt with both teams in man-to-man defense.
- Make sure both teams get an opportunity to play both offense and defense.
- Use pinnies to designate teams by color.
- Give teams a bonus point for successfully executing a play or fast break (3 points instead of 2) to encourage execution and attention to detail.

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- Coaches or point guards call out plays whenever the offense sets up in the halfcourt: 14, 15, 24, 35, Motion, UCLA, 2, 3, Double Trouble, Kentucky and baseline plays Stack and Box.

Post-game huddle

Eighth Grade Basketball Clinic Week 10

Pre-game huddle

Pre-game warmups

Time: 7-8 minutes

Description:

- Set up the players into two teams. Have each team do layup and rebounding lines at opposite baskets on the court.
- After left-handed and right-handed layups, players then shoot a pullup jump shot in the shooting line from the left and right sides.
- Then run the t-shot drill.
- Finish with free throws.

Water break

Walk-through: shell man-to-man defense

Time: 2-3 minutes

Walk-through: man-to-man 5-player defensive trap

Time: 2-3 minutes

Review: motion offense and ball screens (14, 15, 24, 35) out of motion

Time: 4-5 minutes

Review: UCLA offense

Time: 4-5 minutes

Review: baseline plays Stack and Box and set plays 2, 3, Double Trouble and Kentucky

Time: 4-5 minutes

Review: 1-2-1-1 full-court press and press break

Time: 4-5 minutes

Water break

Game

Time: 28-30 minutes

Description:

- Play a full-court game of 5 on 5. Keep score.
- One of the coaches serves as referee.
- Use different colored pinnies to designate teams.
- Sub liberally so everyone plays and gets a breather on the sidelines.
- Coaches (or point guards if they've been consistently doing a good job of calling plays in practices) call out the ball screen plays, baseline out-of-bounds plays, set plays, UCLA and Motion while encouraging players to try to fast break off steals and long defensive rebounds, then set up the offense if the defense gets back and the offense doesn't have a numbers advantage.
- Coaches, call out the defensive trap plays occasionally, too.
- Teams play halfcourt man-to-man defense until the last 8-10 minutes when both teams employ the diamond-and-1 full-court press and press break, falling back into man to man.

Post-game huddle

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